**Abstract by Ace Ang**

Have you ever wondered why an apple turns brown after leaving it out with nothing applied, or how your bag of delicious mozzarella cheese turns darker in colour over the few days? Have you ever thought about how your newspaper magically turn yellow after you left it out in the sun, or after you just dug it up from your storeroom? And have you ever wondered how your school tables annoyingly have so many brown spots on them? All these have to do with oxidation.

My project is on Oxidation. Of course you may already know what oxidation is, but it is not that simple at all. Wonder why? You may *think* oxidation only applies to your cut apples and pears, your old stacks of newspaper and your iron nails, but the thing is, it happens in your body as well! So, what’s so bad about oxidation? There’s a few ways to say it, actually. Oxidation is a natural process in life, and mostly all it does is harm – Your immune system failing, catching illnesses more often, sneezing out your food when you are eating, and even the dreaded cancer. Yes, all these have something to do with oxidation.

So how do we protect ourselves from those nasty illnesses? Well I’m glad you asked, it just happens that I found out that we can prevent oxidation by simply eating healthily! But how exactly do we eat healthily? You’ll have to find out for yourself…

Through my presentation, you will achieve a better understanding of oxidation, how it affects us, and most importantly how do we protect ourselves from it.